



## Almost Flourless Chocolate Cake With Dulce De Leche

READY IN



120 min.

SERVINGS



8

CALORIES



514 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon flour
- ☐ 8 tablespoons dulce de leche
- ☐ 4 large eggs separated
- ☐ 0.1 teaspoon salt
- ☐ 1 pound bittersweet chocolate chopped (I used Semisweet Callebaut)
- ☐ 1 tablespoon sugar
- ☐ 10 tablespoons butter unsalted softened
- ☐ 8 servings whipped cream for serving

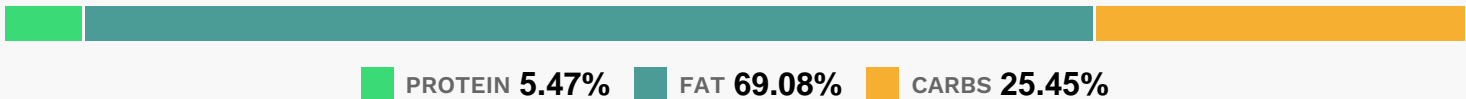
## Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ double boiler

## Directions

- ☐ Preheat your oven to 425°F. Line the base of your 8-inch pan with parchment paper.
- ☐ Melt the chocolate slowly, over low heat, in the top of a double boiler until completely melted. Stir frequently.
- ☐ Remove the melted chocolate from the heat and mix in the butter, flour, sugar and salt.
- ☐ Beat the egg yolks gently with a fork, and then stir gradually into the chocolate mixture. Stir vigorously as you add the yolks, as the mixture is still quite warm and you don't want to scramble the eggs! Once incorporated, hustle with the next step.
- ☐ Beat the egg whites until they hold a definite shape but are not dry and fold into the chocolate mixture. Overbeating or underbeating will ruin the cake. The beaten egg whites should be folded smoothly, quickly and easily into the chocolate mixture.
- ☐ Pour into the prepared pan and bake for 15 minutes. Turn off the heat; open the oven door, leaving it ajar, and allow the cake to cool completely in the oven.
- ☐ Once ready to serve, slice with a sharp knife, cleaning between slices to remain neat. Top each slice with a tablespoon of dulce de leche and a big scoop of whipped cream or ice cream.

## Nutrition Facts



## Properties

Glycemic Index:30.26, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:11.90565216023%

## Nutrients (% of daily need)

Calories: 514.12kcal (25.71%), Fat: 39.64g (60.99%), Saturated Fat: 23.09g (144.34%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 28.31g (10.29%), Sugar: 22.9g (25.44%), Cholesterol: 138.59mg (46.2%), Sodium: 79.94mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 7.06g (14.12%), Manganese: 0.77mg (38.28%), Copper: 0.73mg (36.52%), Magnesium: 104.01mg (26%), Iron: 4.07mg (22.62%), Phosphorus: 207.47mg (20.75%), Selenium: 13.02µg (18.61%), Fiber: 4.56g (18.24%), Vitamin A: 641.77IU (12.84%), Zinc: 1.87mg (12.47%), Potassium: 370.04mg (10.57%), Vitamin B2: 0.16mg (9.22%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.37µg (6.2%), Calcium: 59.59mg (5.96%), Vitamin B5: 0.6mg (5.95%), Vitamin D: 0.79µg (5.24%), Vitamin K: 5.5µg (5.24%), Folate: 14.17µg (3.54%), Vitamin B6: 0.07mg (3.26%), Vitamin B3: 0.56mg (2.8%), Vitamin B1: 0.04mg (2.57%)